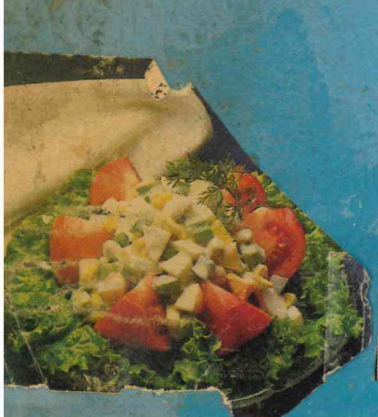
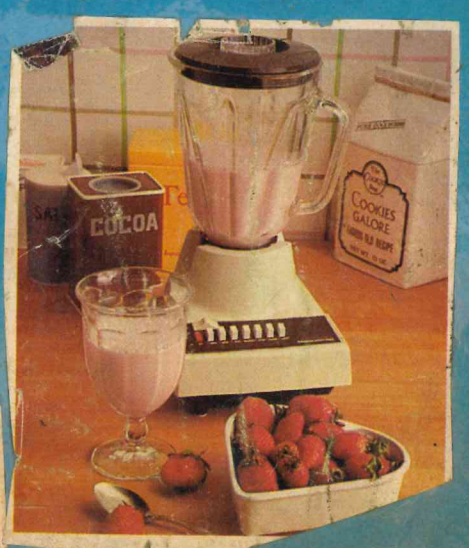
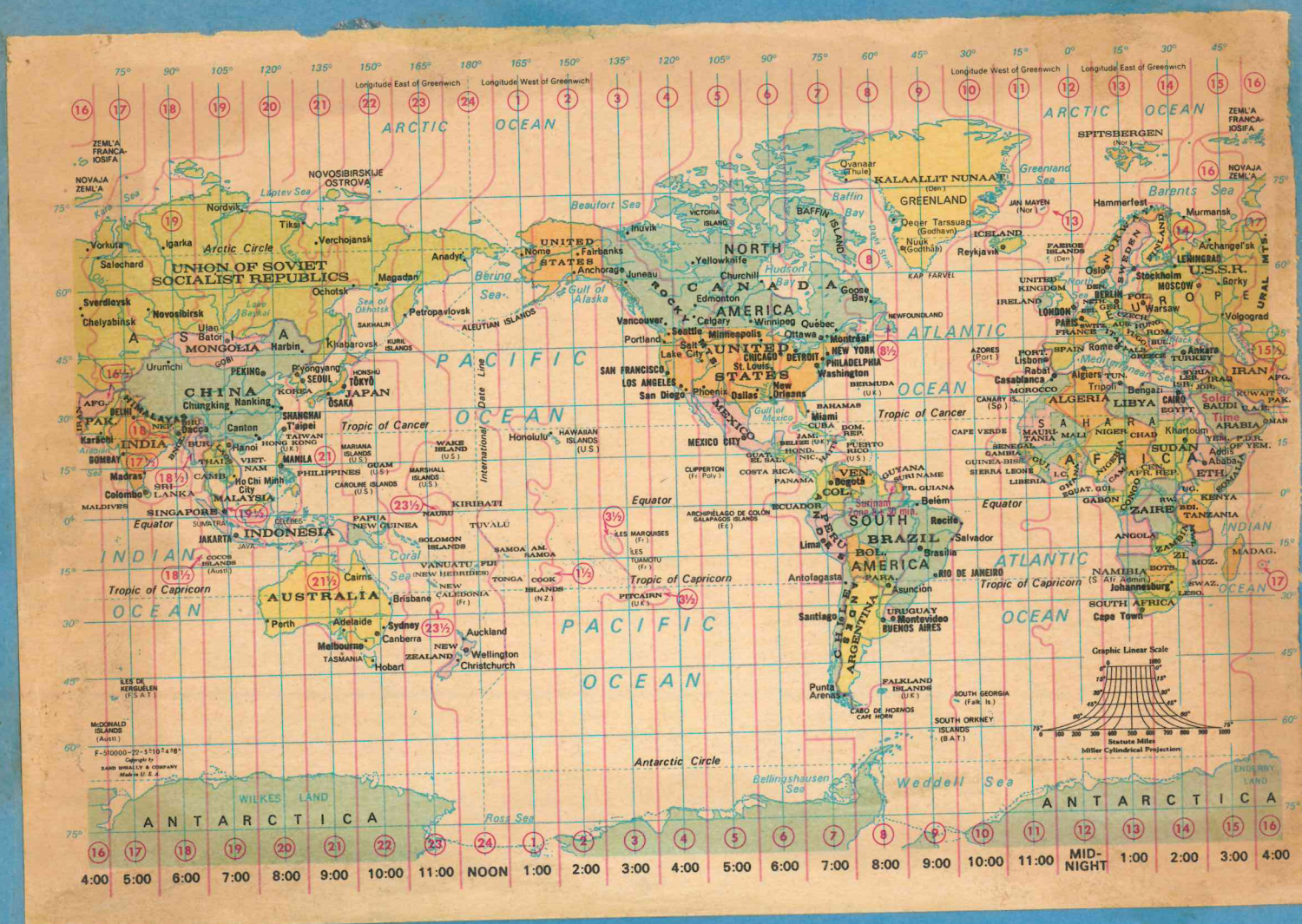
MY LOYAL COOKBOOK

By Martin Felsenfeld



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Tropic of Cancer
Equator
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International Date Line
UNION OF SOVIET SOCIALIST REPUBLICS
NORTH AMERICA
UNITED STATES
CANADA
GREENLAND
KALAALLIT NUNAAT (Den.)
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Fluffy Fruit Dip

What you need:

1 c dairy sour cream
1/3 c apricot or peach preserves, or orange marmalade
1/4 c finely chopped walnuts
2 to 3 T milk
Assorted fresh fruit for dippers (chill fruit)

What to do:

1. In a small bowl, combine sour cream, preserves or marmalade, add walnuts, mix well.
2. Stir in milk; chill
3. To serve insert wooden picks into chilled fruit pieces. Dunk fruit into chilled dip.

Holiday Eggnog

What you need:

4 eggs
8 tbsp. sugar
4 cups milk
1 1/2 tsp. vanilla

rotary beater
bowl
pitcher

What to do:

1. Use rotary beater, beat eggs until smooth.
2. Add sugar and beat again
3. Add milk and vanilla to mixture
4. Stir together
5. Pour into a pitcher, serve.

Serves 4

New Year's Wassail

Serving a spicy punch from the Wassail Bowl is an old English custom. The English would drop a ring in the bowl, and the single person who dipped it out would get married during the New Year.

Mix:

- 16 cups apple cider
- 4 cups orange juice
- 1/2 cup lemon juice
- 2 T whole cloves
- 2 T whole allspice
- 1/2 T nutmeg
- 1 cup honey

Put the above mixture in a big pot. Cover it and simmer it for 10 minutes. Strain out the spices. Put a cinnamon stick in each cup and serve with best New Year's wishes. "Wass hael" means "To your Health."

UNIT VIII - SPECIAL HELPS FOR FOOD PREPARATION

Abbreviations **Lesson 2**

OBJECTIVE: To learn about abbreviations.

INFORMATION:

An ABBREVIATION is a short way to write a word. We use many abbreviations in food service. You will need to learn the abbreviations. You must know them to do your work.

ABBREVIATIONS:

1.	teaspoon	---	tsp. or t.
2.	tablespoon	---	tbsp. or T.
3.	cup	---	c.
4.	pint	---	pt.
5.	quart	---	qt.
6.	gallon	---	gal.
7.	ounce	---	oz.
8.	pound	---	lb.
9.	few grains	---	f.g.
10.	number	---	no. or #
11.	dozen	---	doz.
12.	temperature	---	temp.
13.	degree	---	o
14.	with	---	c̄
15.	hour	---	hr.

VOCABULARY:

abbreviation (ə brē' vi ā' shən) - a short way to write a word.

ASSIGNMENT:

1. What is an abbreviation?

2. Write the abbreviations for:

   a. teaspoon _____

   b. cup _____

   c. quart _____

   d. tablespoon _____

   e. pound _____

   f. gallon _____

   g. ounce _____

   h. pint _____

   i. degree _____

   j. hour _____

   k. temperature _____

   l. with _____

   m. number _____

   n. few grains _____

   o. dozen _____

UNIT VIII - SPECIAL HELPS FOR FOOD PREPARATION

Equivalents — Lesson 3

OBJECTIVE: To learn equivalents you will use in food service.

INFORMATION:

We have learned about the tools used to measure. Now we must learn how some of these tools can measure the same AMOUNT. We can save time in food preparation if we know EQUIVALENTS.

Equivalents are equal things: 4 is the equivalent of 2 + 2.

Equivalents are different ways to get the same amount of something.

EQUIVALENTS:

Dry foods

1)	3 teaspoons	=	1 tablespoon
2)	16 tablespoons	=	1 cup
3)	16 ounces	=	1 pound
4)	1 dozen	=	12 (pieces)

Liquid foods

1)	3 teaspoons	=	1 tablespoon
2)	2 tablespoons	=	1 ounce
3)	8 ounces	=	1 cup
4)	2 cups	=	1 pint
5)	4 cups	=	1 quart
6)	2 pints	=	1 quart
7)	4 quarts	=	1 gallon

VOCABULARY:

amount (ə mount') - how much of something.

equal (ē' kwəl) - the same.

equivalents (i kwiv' ə ləntz) - equal things; different ways to get the same amount of something.

ASSIGNMENT:

1. What does "amount" mean?

2. What are equivalents?

3. Can we save time if we use equivalents?

4. Give the equivalents:

   a. 1 tbsp. = _____ tsp.

   b. 1 pt. = _____ c.

   c. 1 c. = _____ tbsp.

   d. 1 gal. = _____ qt.

   e. 1 qt. = _____ pt.

   f. 1 c. = _____ oz.

   g. 1 lb. = _____ oz.

   h. 1 oz. = _____ tbsp.

5. How many eggs in a dozen eggs?

French Toast

You Need:

2 eggs
2/3 c milk
1/4 t salt dash cinnamon
4-6 slices of bread (number of people in group)
syrup
butter

What to do:

1. Beat eggs in mixing bowl
2. Combine eggs, milk, salt and cinnamon in bowl. Pour into pie pan.
3. With tongs dip bread into egg mixture. Coat both sides of bread but don't soak until soggy.
4. Grease skillet (large) or griddle with small amount of shortening. Heat up the griddle or skillet.
5. Fry toast on hot skillet until golden brown, flip with pancake turner, cook on other side until golden brown.
16. Serve hot with syrup, butter.

Rice Pilaf (side dish)

You Need:

5-6 coils of vermicelli
1 cup rice
1- 14½ oz can chicken broth
1 cube margarine or butter
salt and pepper to taste

To Do:

1. Melt butter in a saucepan
2. Crumble vermicelli and add to butter.
3. Cook vermicelli until brown
4. Add rice and chicken broth
5. Bring to boil
6. Reduce heat and simmer about 25 minutes or until liquid is absorbed.

* Optional - brown, slivered almonds and add to rice before serving

CALIFORNIA CHEESE SOUP

What you need:

1/2 cup chopped onion (What to Buy)

1 clove garlic, minced

1/4 cup butter or margarine

1/4 cup all-purpose flour (Staples)

1/2 tsp. salt

1/8 tsp. pepper

3 cups milk

1 cup chicken broth

1 cup chopped tomato

1/4 cup chopped green chili peppers

1-1/2 cups shredded Monterey Jack Cheese

Avacado slices (optional)

Paprika (optional)

You (what are you doing!) will need:
2 qt. saucepan
(I wanna think about Kathy, but don't tell her!)

What to do:

1. In 2-quart sauce pan cook chopped onion and garlic in butter or margarine till tender.
2. Stir in flour, salt, and pepper.
3. Add milk and chicken broth all at once.
4. Cook and stir over medium heat till slightly thickened and bubbly.
5. Cook and stir one minute more.
6. Stir in chopped tomato and chopped chili peppers.
7. Add shredded Monterey Jack cheese and cook over low heat until cheese is melted, stirring constantly.

Unfortunately, Sis, I already have Puerto Rico — and now Chile!

Thanks a lotta!

Garnish each serving with avacado slices and paprika, if desired.

I'll blame you for ruining hot dates with Miss Molly!

SO what?!

Makes 6 servings.

Hey Lucy, P.S.!

I all ready have someone! That's not how you spell now already!

Name: Martin Felsenfeld. Date: 10/12/84.

BROCCOLI RICE CASSEROLE

What you need:

2 10-ounce packages frozen chopped broccoli
1/4 cup chopped onion
1-10 3/4-ounce can condensed cream of chicken soup
1/2 cup milk
1/4 cup water
2 cups shredded cheddar cheese (8 ounces)
1 cup quick-cooking rice

What to do:

1. In saucepan cook broccoli and onion in boiling salted water for five minutes; drain well.
2. In bowl thoroughly mix cream of chicken soup, milk, water and shredded cheese.
3. Stir in uncooked rice and the drained broccoli-onion mixture.
4. Turn into 2-quart casserole.
5. Bake, uncovered, in a 350° oven for 45 minutes, stirring once.
6. Let stand 10 minutes before serving. Makes 10-12 servings.

Soft-Cooked Eggs

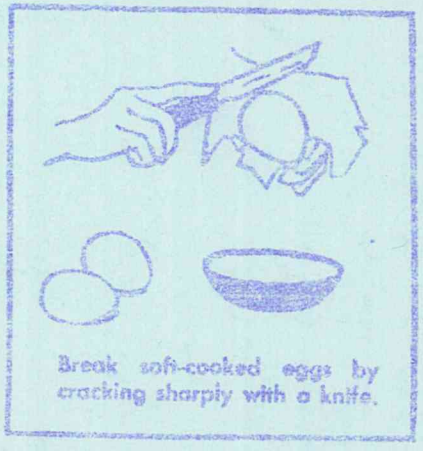
Never boil eggs. Always cook them slowly and gently.

Cover eggs in saucepan with cold water. Heat until water boils.

Take from heat. Cover pan. Stand *off heat* 2 to 4 minutes.

Take from hot water. Hold the egg with a paper napkin and break shell by cracking sharply with a knife. Scoop egg from shell with a teaspoon.

Season with salt and butter.



Break soft-cooked eggs by cracking sharply with a knife.

Fried Eggs

Heat a thin layer of butter or bacon fat in heavy frying pan until moderately hot.

Break eggs, one at a time, into saucer. Slip into frying pan.

Reduce heat to cook slowly. Cover and cook until whites are set (3 or 4 minutes).

You can turn the eggs if you like them that way. Then cook until yolks are as you want them.

It's easier to keep the yolks whole if you slip the eggs one at a time from a saucer into the frying pan.

Scrambled Eggs

Break into bowl — 2 eggs

Add — 2 tablespoons milk
dash of salt

Beat with fork.

Heat a thin layer of butter or bacon fat in small frying pan, moderately hot.

Pour in egg mixture and reduce heat to low. Cook slowly, turning gently with broad spatula as mixture starts to set at bottom of pan.

Serve as soon as eggs are cooked through but still moist and shiny.

1 or 2 servings.

Cottage Cheese Jello Salad

You Need:

1 3oz. box lime jello
1 3oz. box lemon jello
2 c hot water
16 oz. cottage cheese
1 c milk
1 c crushed pineapple
1 c walnuts
1/2 c mayonnaise

9x12 glass casserole dish

To Do:

1. Boil 2c water
2. Pour lemon and lime jello into dish
3. Add the water and dissolve jello.
4. While jello is cooling chop nuts.
5. Add remaining ingredients to the jello one at a time stirring after each.
6. Chill in refrigerator until set.

Ambrosia

A tasty dessert

You Need:

1 can mandarin oranges

1 can pineapple chunks

½ of 3½ oz. can shredded coconut

1½ cup tiny marshmellows

½ pt. sour cream

bowl measuring cup

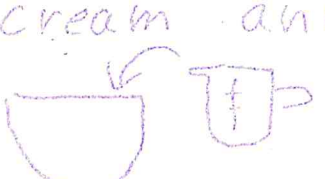
large spoon

To Do:

① Wash your hands

② Pour out juice from pineapple and oranges

③ Measure fruit, coconut, marshmellows, and sour cream and put in large bowl.



④ Mix

⑤ Refrigerate before serving.

Summer Egg Salad

You Need:

3 oz. cream cheese
1/4 c. mayonnaise
3/4 tsp. dill
1/2 tsp. salt
1/2 tsp. dry mustard
6 hard cooked eggs chopped
1 tbsp. chopped onion
1 c black olives
* lettuce optional

large bowl
pita bread

To Do:

① Blend cream cheese, mayonnaise and seasonings.
② Stir in the rest of the ingredients.
③ Fill 6 pita bread halves. Add lettuce if you wish.

Garden Salad

You Need:

lettuce
1-2 tomatoes
salad dressing
large bowl

Your choice:

celery
carrots
sprouts
avacado
cucumber
beets (canned)
fresh mushrooms
garbanzo beans

To Do:

1. Wash vegetables and lettuce.
2. Tear lettuce leafs into bite size pieces.
3. section tomatoes and add to lettuce.
4. choose other vegetables, slice and add to salad.
5. Add salad dressing just before serving.

Mandarin Orange Salad

You Need:

1 large carton of cottage cheese
1 large carton of dessert whip.
1 large orange jello
1 can crushed pineapple (drain)
2 cans mandarin orange slices (drain)
1 large jello mold or dish.

To Do:

1. Blend cottage cheese and dessert whip until smooth and creamy
2. Add well drained pineapple and mandarin orange slices.
3. Fold in orange jello- sprinkling a small amount at a time.
4. Refrigerate for at least 2 hours.

"Viva" Spaghetti Salad

You Need:

- 1 lb thin spaghetti cooked
- 1 small bottle "Viva" Italian Dressing
- ½ to 1 bottle "Schillings Salad Supreme"
- 1 red onion chopped
- 1 cucumber chopped
- 2 med tomatoes chopped
- large bowl
- large pot

What to Do:

1. boil spaghetti (follow directions on package)
2. chop onion, cucumber, tomatoes
3. In large bowl combine spaghetti, onion, cucumber, and tomatoes.
4. Add salad dressing and salad supreme
5. Refrigerate several hours or overnight before serving.

Taco Salad

You Need:

lettuce
2-4 tomatoes
1/2 lb. cheddar cheese
1 lb. hamburger
1 8oz. can tomatoe sauce
1 package taco seasoning

*optional onions
skillet
large bowl

To Do:

1. wash vegetables
2. dice lettuce, tomatoes, onions
3. shred cheddar cheese
4. brown hamburger in a skillet
5. add can of tomatoe sauce and seasoning packet.
6. Stir
7. Simmer 10 minutes

To Serve:

Place tortilla strips, lettuce, and tomatoes on a plate. Over this, spoon meat sauce. Top with shredded cheddar cheese.

RONCO MACARONI SALAD

What You Need:

1 pkg. (8 oz.) Ronco Sea Shell Macaroni
1 6½ oz. can water packed tuna drained
½ cup sliced celery
1/3 cup sliced green onions
1 medium green pepper diced
½ cup sliced fresh mushrooms
2 medium tomatoes diced
1/3 cup low calorie Italian dressing
1 cup shredded lettuce
½ tsp. coarsely ground black pepper

What To Do:

1. Wash hands
2. Cook macaroni as directed on package
3. Drain macaroni
4. Combine macaroni and remaining ingredients except lettuce and pepper
5. Toss gently
6. Chill 2 hours or longer
7. Just before serving add lettuce and pepper

6 servings

Meat Loaf

You Need:

3 slices of bread
1 c milk
1 egg
1 tsp. salt
1/4 c minced onion
1 T worcestershire sauce
1 1/2 lb. ground beef
large bowl
spoon
knife
loaf pan

optional
1/8 tsp. fennel seed

To Do:

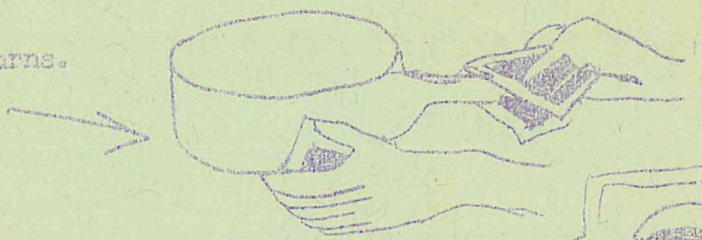
1. Combine first 6 ingredients
2. Stir
3. Mix in ground beef
4. Form into loaf in loaf pan.
5. Bake for 1 hr. at 350°.

Serve with green vegetable and mashed potatoes.

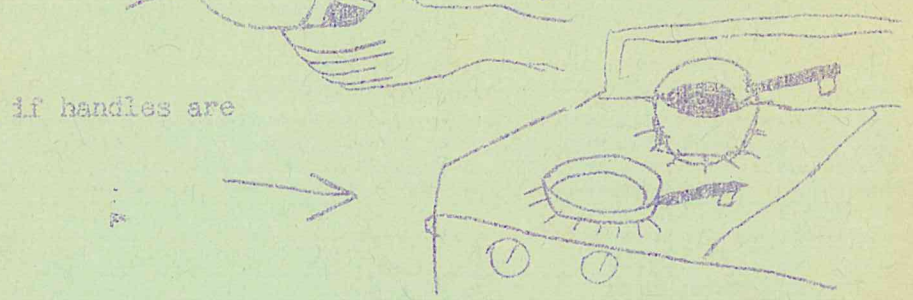
* You can ice meat loaf with mashed potatoes.

IT PAYS TO BE CAREFUL!

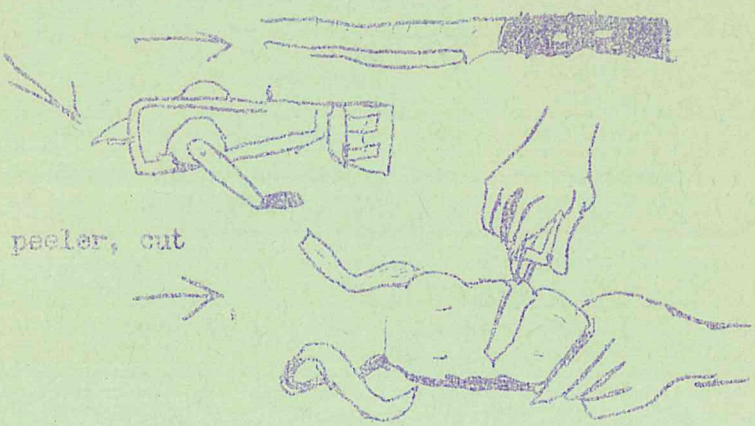
Pot holders save you from burns.



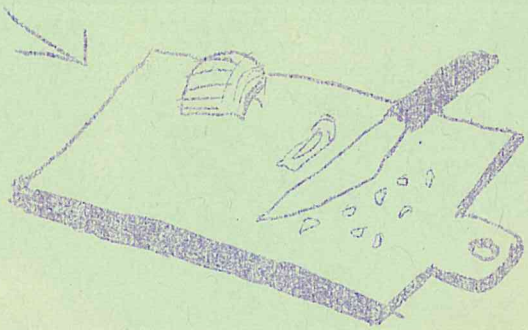
Pans won't upset and spill if handles are turned to back of range.



When you use the vegetable peeler, cut away from yourself.



Slice, dice, chop, and mince on a chopping board.



Bake--Cook in oven.

Beat--Mix vigorously over and over with a spoon or fork or hand and round with a beater.

Blend--Combine two or more ingredients well.

Boil--Cook in liquid so hot that it bubbles and keeps on bubbling.

Broil--Cook next to heat, under broiler in range or over coals.

Chop--Cut in pieces with knife or chopper.

Combine--Mix together.

Cube--Cut in ½-to ¾-inch squares of six equal sides.

Cut in--Combine shortening and flour with pastry blender.

Dice--Cut in very small ¼-inch squares.

Dot--Drop bits of butter or cheese here and there over food.

Drain--Pour off liquid.

Flour--Coat greased pans with flour until well coated on bottom and sides. Shake out extra flour.

Fold--Combine gently, bringing rubber scraper down through mixture, across bottom, up and over top until blended.

Grease--Spread bottom and sides of pan with shortening.

Knead--Work dough with your hands in a folding-back and pressing-forward motion.

Melt--Heat until liquid.

Mince--Chop in tiny pieces.

Roll Out--Place on board and spread thin with a rolling pin.

Shred--Cut in very thin strips.

Sift--Put through a flour sifter or fine sieve.

Simmer--Cook over heat near boiling, but not hot enough to bubble.

Solid Shortening--Either lard, or vegetable shortening at room temperature, so it can be measured easily.

Stir--Mix round and round with spoon.

Toss--Mix lightly.

Sweet and Sour Hawaiian Meat Balls

You Need:

- 1 jar "Homade Chili Sauce"
- 1 8¼oz can crushed pineapple
- 3 T currant jelly
- 1 lb. hamburger
- saucepan
- spoon

What to Do:

1. Wash hands
2. form hamburger into small round balls
3. brown meatballs in saucepan
4. drain grease from meatballs
5. add Chili Sauce, crushed pineapple, and currant jelly.
6. stir.
7. simmer 20-30 minutes
8. Serve over cooked rice.

Sloppy Joe's

You Need:

1 lb. lean hamburger
1 6oz can tomatoe paste
1 small onion chopped
½ bell pepper chopped
1 package hawrey's or French's sloppy joe mix
2 T oil
dash garlic powder

hamburger buns
frying pan

To Do:

1. In a large frying pan, cook onion and bell pepper in oil until lightly browned, drain oil.
2. Set bell pepper and onion aside in a small bowl.
3. In the same frying pan, brown hamburger. Drain grease.
4. Follow directions on Sloppy Joe mix.
5. Add mix, tomatoe paste and garlic powder to hamburger.
6. Stir
7. Cook 5 min. on medium heat
8. Add onions and bell pepper.
9. Cook 10 more minutes.
10. Serve on hamburger buns.

Serve with green salad.

Veg·all Hamburger

You Need:

1 lb. ground round beef
1 T chopped onion
1 T worcestershire sauce
1 T soy sauce
1 16oz. can veg all
1 7oz. package Creamettes macaroni
(or 7oz. any type small macaroni)
1 pt. sour cream
* 1 can Durkee french fried onions

To Do:

① brown hamburger and onion, drain grease
② reduce heat to simmer
③ add worcestershire sauce, & soy sauce,
④ add veg·all
⑤ add macaroni
⑥ cover simmer for about 1/2 hr.
⑦ serve with sour cream and onion on top.

* optional

Tuna Apple Salad

You Need:

1 can tuna (9 1/4 oz.)
1 c. chopped apple
1/4 c. celery
1/4 c. raisins
1 1/2 t. lemon juice
* 1/3 c mayonnaise
* 2 T chutney
lettuce leafs

What to do:

① Drain the tuna. Break into pieces
② Mix all the ingredients except the lettuce.
③ Chill throughly.
④ Serve on lettuce

* optional

serves 2-3

Serve with crescent rolls

Taco Salad

You Need:

lettuce
2-4 tomatoes
1½ lb. cheddar cheese
1 lb. hamburger
1 8oz. can tomatoe sauce
1 package taco seasoning

*Optional onions
skillet
large bowl

To Do:

1. wash vegetables
2. dice lettuce, tomatoes, onions
3. shred cheddar cheese
4. brown hamburger in a skillet
6. add can of tomatoe sauce and seasoning packet.
6. Stir.
7. Simmer 10 minutes

To Serve:

Place tortilla strips, lettuce, and tomatoes on a plate. Over this, spoon meat sauce. Top with shredded cheddar cheese.

Cheese Strata

You Need:

15 slices white bread
6 eggs
3 c milk
3 T chopped green onion
2½ t dry mustard
1 lb. grated cheddar cheese

What to do:

1. Trim crust off bread
2. grate cheese
3. place 6 slices of bread in bottom of 9x12 pan.
4. sprinkle with ½ of grated cheese
5. place remaining slices of bread over cheese
6. beat eggs milk, mustard, onion and salt and pepper (to taste)
7. pour egg mixture over bread and cheese layers
8. Top with remaining cheese.
9. Dot top of casserole with butter

Refrigerate for 24 hours
Bake at 325° for 1 hour
Serves 6

* Optional - top with strata sauce

Sauce for Strata

You need:

1 can cream of mushroom soup
1 7oz. can Ortega Green Chili Salsa
1 8oz carton sour cream

What to do:

1. Combine soup, salsa, and sour cream
2. heat in saucepan
3. pour over baked strata and serve.

Oriental Chicken

You Need;

1 large green pepper - cut in strips
1 or 2 garlic cloves minced
2 T salad oil
*2 c cooked chicken (cubed)
1 can (13oz.) pineapple tid bits & juice
2 cans cream of chicken soup
2 T soy sauce
3 c cooked rice
slivered almonds

What to do:

1. Cook rice according to package directions to make 3 cups. Keep warm.
2. In large fry pan, sauté green pepper and garlic in salad oil until tender.
3. Blend in soup and pineapple juice.
4. Add chicken, pineapple and soy sauce.
5. Serve over rice & top with almonds.
6. Serves 4-6

* To cook chicken, place chicken pieces in an oven at 350° for 1 hour.

Chicken in a Skillet

You Need:

2 T oil

2 to 2½ lb chicken, cut into serving pieces

1 envelope Lipton Onion Soup Mix

⅓ c water

1 can (16oz.) whole tomatoes undrained

skillet with a cover

What to Do:

① In large skillet, heat oil, brown chicken, drain

② Blend Onion Soup Mix with water.

③ Add Soup mixture to chicken.

④ Add can of whole tomatoes

⑤ Cover, simmer 45 minutes or until chicken is tender.

4 servings

* Serve with rice and green vegetable

Soy Sauce Chicken

You Need:

1, 3-4 lb whole or cut-up chicken
3 slices fresh ginger
1/3 c. soy sauce
2 T oil
dutch oven with cover
large knife

To Do:

1. Wash hands
2. Cut chicken into pieces
3. Wash chicken in cold water
4. Brown ginger in oil
5. Add chicken and brown
6. Add soy sauce
7. Cover, Simmer for 1 hr.

★ Serve with rice and a green vegetable

Salmon Loaf

Betty Crocker Cookbook

You Need:

1 1 lb. can Salmon drained, flaked.
2 c soft bread crumbs
1 T chopped onion
1 T butter melted
½ t salt
½ c milk
1 slightly beaten egg

loaf pan

What to Do:

1. In bowl, combine salmon, bread crumbs, onion butter salt.
2. In another small bowl, combine milk and egg, and add to salmon mixture.
3. Mix
4. Shape into loaf
5. Bake at 350° for 35 to 40 min.

* Follow directions on package of frozen creamed peas. Serve salmon with creamed peas spooned over the top of salmon.

Tuna Noodle Casserole

You Need:

- 1 can tuna
- 1 can cream of mushroom soup
- 1/4 c milk
- 3/4 package noodles
- salt and pepper
- Cheese
- potatoe chips

Casserole dish
large pot

What to do:

1. boil noodles in water in large pot. (follow directions on noodle package)
2. In a bowl, combine tuna, soup, milk, salt and pepper.
3. Add noodles, mix
4. Top with grated cheese and crushed potatoe chips
5. Cook in oven at 350° for 1/2 hr.

Serve with green vegetable or salad

Pan Easy Pork Chops

You need:

6 pork chops
1 can Campbell's Golden Mushroom Soup.
1/4 c water
large fry pan with cover,

What to Do:

1. Wash your hands.
2. Wipe both sides of pork chops with a paper towel.
3. Over medium heat, brown pork chops on both sides in the frying pan.
4. Open can of soup and pour over chops.
5. Add 1/4c water.
6. Cover
7. Simmer for 45 min. or until pork chops are tender.

Serve with potatoes & green vegetable.

Easy Spaghetti

You Need:

1 15 1/2 oz. jar of spaghetti sauce
1/2 lb. hamburger
1/2 onion diced
6 mushrooms sliced
6 oz. spaghetti

coland r
fry pan
large pot

What to do:

1. Wash hands.
2. Boil 2 qts. water in large pot.
3. Meanwhile in a fry pan, brown onion and hamburger.
4. Add sliced mushrooms to fry pan.
5. Add spaghetti sauce to fry pan. Simmer 30 min.
6. When water in large pot boils, add 6 oz. spaghetti.
7. Cook spaghetti until tender.
8. Drain spaghetti in colander
9. Pour sauce over spaghetti and serve.

Serve with green salad.

Name: Martin Felsenfeld
Date: 10/10/84.

Is this paper Amber-colored?

HAMBURGER STROGANOFF

What you need:

½ cup minced onion
1 clove garlic
¼ cup butter
1 lb. ground beef
2 tbsp. flour
¾ tsp. salt
¼ tsp. pepper
1 lb. fresh mushrooms, sliced
1 can cream of chicken soup
1 cup sour cream
2 tbsp. minced parsley
5-6 oz. uncooked eggnoodles

Don't be a nut- ons truck, Sis!

What to do:

1. Cook noodles according to package directions.
2. Saute onion and garlic in butter.
3. Add ground beef and brown.
4. Add flour, salt, pepper, and mushrooms to meat mixture. Cook 5 minutes.
5. Add soup and simmer uncovered for approximately 10 minutes.
6. Stir in sour cream and heat through.
7. Sprinkle with parsley.
8. Serve over hot noodles. Makes 4-6 servings.

I don't deserve it! Thank God you're taken!

GOBBLERS' DELIGHT

What you need:

1 package Birds Eye French Green Beans with toasted almonds (located in frozen food section of store)

1 10-oz. can cream of celery soup

1/4 cup water

1 1/2 cups cut-up cooked turkey

1 5-oz. can water chestnuts, drained and sliced.

2 1/2 cups cooked rice (follow package directions)

What to do:

0. Cook rice, according to package directions. (20 minutes)
1. Cook French green beans according to package directions—save almonds.
2. Slice water chestnuts.
3. Mix in with beans 10-oz. can cream of celery soup and add 1/4 cup water.
4. Add 1 1/2 cups cooked turkey, along with the 5-oz. can of water chestnuts.
5. Bring to a boil and simmer approximately 10 minutes.
6. Pour over cooked rice.
7. Sprinkle on almonds.

Double amount of rice you cook with amount of water needed to boil

Name: Martin Felsenfeld. Date: 10/12/84.

EASY TURKEY DIVAN

What you need:

6 slices cooked turkey or 2 cups cut-up cooked turkey

2 packages (10 oz. each) frozen broccoli spears, cooked and drained

6 slices process American or cheddar cheese

1 can (13 1/2 oz.) evaporated milk

1 can (10 3/4 oz.) condensed cream of mushroom soup

1 can (3 1/2 oz.) french fried onion rings

What to do:

0. Cook broccoli, according to package directions.
1. Pre-heat oven to 350 degrees farenheit.
2. Arrange turkey in unpreased baking dish (11 1/2 x 7 1/2 x 1 1/2 inches).
3. Top with hot broccoli.
4. Cover with cheese.
5. Stir together milk and soup.
6. Pour over cheese.
7. Bake uncovered for 25 minutes and remove from oven.
8. Sprinkle top of casserole with onion rings and bake 5 minutes longer 4-6 servings.

We're FrOzen

Let's go breakin'!

OMELET

You will need:

Three (3) eggs

Two (2) to three (3) tablespoons milk

One (1) tablespoon butter

Salt and pepper

Optional:

Grated cheese
Bacon bits
Green onions
Bell pepper
Tomatoes
Toppings (salsa, sour cream, guacamole sauce)

What To Do:

1. In a frypan, melt butter
2. Combine eggs, milk, salt and pepper
3. Beat egg mixture with a fork
4. Pour egg mixture into the frypan
5. Cook until eggs set, about five minutes
6. Add grated cheese, bacon bits, green onion
7. Cook 3-5 minutes longer
8. Fold over egg mixture
9. Flip omelet to cook other side
10. Garnish as desired

Serves one (1)

Secret of a good omelet is beating the eggs through

EGG DROP SOUP

What you need:

1 can 13 3/4-ounce chicken broth

1 1/2 teaspoons corn starch

1 green onion

1 egg

1/4 cup water

What to do:

1. Bring chicken broth to boiling in medium size saucepan.
2. Mix cornstarch with 1/4 cup cold water in a cup.
3. Chop green onion diagonally into 1/4-inch slices.
4. Stir corn starch mixture and green onion into broth; cook, stirring constantly, one (1) minute.
5. Gently stir in slightly beaten egg, just until egg cooks and separates into shreds.
6. Remove from heat and serve into soup cups.

SWEDISH MEAT BALLS

What you need:

1 tablespoon butter

1 green pepper

1 onion

1 10-1/2 ounce can chicken with rice soup

1 10/1/2 ounce can tomato soup

1 cup water

2 slices bread

1/4 cup milk

1 egg

1 tsp. salt

1 lb. ground beef

~~1 cup water~~

What to do:

1. Melt 1 tablespoon butter on frying pan.
2. Add chopped green pepper and onion; cook until tender.
3. Stir in soups and water. Heat to boiling, then simmer.
4. In a bowl mix 2 slices bread (broken in pieces), 1/4 cup milk, 1 egg, 1 tsp. salt, and 1 pound ground beef.
5. Mix thuroughly, and shape into balls the size of a ping-pong ball.
6. Drop balls into simmering sauce and cook slowly for about one hour.

Makes about 6 servings.

CHILI CONCOCTION

What you need:

1 1/2 lbs. ground beef

1 #2 can of tomatoes

1 #2 can of kidney beans

1 large onion

1 tbs. chili powder

1/2 tsp. salt

What to do:

1. Chop onion
2. Brown 1 1/2 lbs. ground beef in frying pan
3. Stir in tomatoes, kidney beans, onion, chili powder and salt.
4. Heat to boiling, then simmer approximately 1 hour.

Makes 4-6 servings.

ENSENADA CREPES

What you need:

1 package Danola sliced ham (8 slices)

2 cans whole Ortega green chilis

1 package Monterey Jack Cheese

1 package flour tortillas (medium size)

1 can Campbell's cheddar cheese soup

1/2 cup water

Paprika

What to do:

1. Slice cheese in 1/4" thick slices

2. Place one slice of cheese inside each chili

3. Put the chili in the middle of a flour tortilla and roll the tortilla up the same way you would an enchilada

4. Place in a 13" x 9" x 2" baking dish seam side down

5. In a small bowl mix together 1 can cheddar cheese soup with 1/2 cup water

6. Pour cheese sauce over crepes.

7. Sprinkle with paprika.

8. Bake at 350° for 40 minutes, or until bubbly.

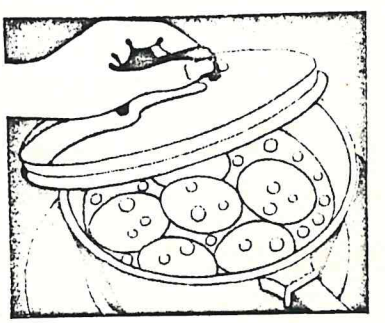
Serves 4 to 6.

ABC'S OF COOKING EGGS

Eggs are a basic part of our diet. There are several simple ways to cook an egg.

EGGS COOKED IN THE SHELL

Eggs cooked in the shell are called soft cooked or hard cooked eggs. They must be cooked for the right length of time and at the right temperature.



HERE'S HOW

1. Put the eggs in a wide, deep, pan. Don't crowd the eggs.
2. Put enough cold water in the pan to cover one inch above the tops of the eggs.
3. Bring the water to boiling. The burner of the stove should be set at high heat.
4. When the water boils, remove the pan from the stove at once.
5. Let the eggs stand in the hot water. For a soft cooked egg you should let them stand for 2 to 4 minutes. For hard cooked eggs you should let them stand 15 minutes.
6. When the time is up, pour off the hot water and run cold water over the eggs. This stops the cooking and makes the eggs easier to handle.

TERMS

hard cooked

soft cooked

FRIED EGGS

It is important that a fried egg be tender and not greasy. Fried eggs need to be cooked over medium heat for as short a time as possible.

HERE'S HOW

1. Put one or two tablespoons of butter or margarine in a skillet. Heat the skillet until the fat melts and a drop of water will sizzle in the pan.
2. Break the eggs, one at a time, into a saucer. From the saucer gently pour the eggs into the skillet. TURN DOWN the heat immediately.
3. Cook the eggs 3 to 4 minutes. You may turn the eggs gently with a spatula or pancake turner. If you can not, take a little of the hot fat in a spoon and baste the top of the eggs.
4. Now your fried eggs are ready to serve.

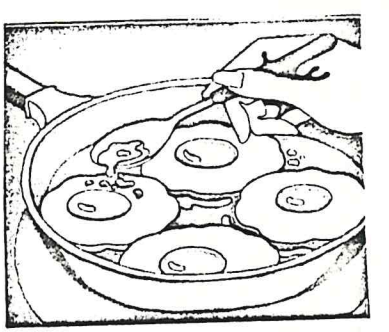
TERMS

fried egg

skillet

spatula

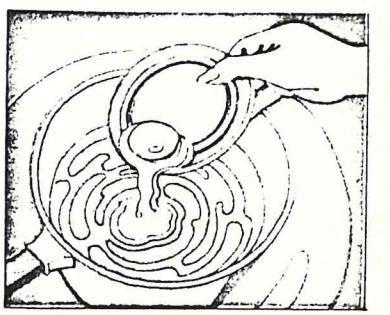
baste



POACHED EGGS

Eggs that are cooked in simmering water, or other liquid are called poached. They can be cooked in milk or broth, besides water.

It is most important that the eggs be very fresh and cold. This keeps the white from spreading.



HERE'S HOW

1. Put enough water into a pan so that it is about 2 inches deep.
2. Bring the water to boiling. Now, turn down the heat so that the water is barely moving. This is called simmering.
3. Break the eggs, one at a time, into a saucer.
4. Slip the egg into the water gently.
5. Cook for 3 to 5 minutes. It depends how firm you would like your egg.
6. Remove the egg with a slotted spoon. This allows the water to drain off of the egg. Hold the egg over a paper towel to drain.

SERVE!

TERMS

poached egg

simmering

slotted spoon

SCRAMBLED EGGS

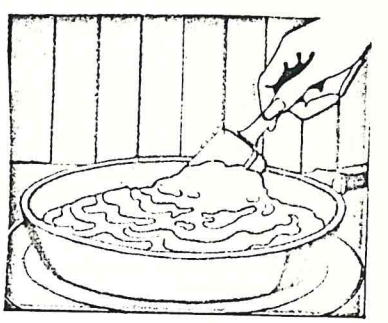
Scrambled eggs should be light and fluffy. The size of the skillet you use will make a difference. If the pan is too large the eggs will spread out and be too thin. If the pan is too small the egg mixture will be too thick and not cook quickly enough.

Use a 7 to 8 inch skillet for 3 to 4 eggs.

Use a 9 to 10 inch skillet for 5 or 6 eggs.

HERE'S HOW

1. Use 2 eggs for each serving. Break them into a mixing bowl.
2. Add 1 tablespoon of milk or water for each egg. Add a little salt and pepper.
3. Beat the eggs with a fork or wire whisk. The eggs should be well blended but not foamy.
4. Heat 1 or 2 tablespoons of butter or margerine until the skillet is hot enough to sizzle a drop of watter.
5. Pour in eggs. Turn heat down at once.
6. Cook eggs slowly. Lift the sides with a spatula and let the thin part of the mixture run to the bottom.
7. When eggs are thickened entirely, serve.



TERMS

foamy

wire whisk

HOW MUCH DO YOU REMEMBER?

Questions and Answers:

1. For a soft cooked egg you should let the egg stand in hot water for (a long time, a short time.)
2. An egg is hard cooked when the white of the egg not runny. (true, false)
3. A poached egg is cooked in fat in a pan. (true, false)
4. A _____spoon has holes in it and is used to remove a poached egg from the pan.
5. When a liquid is barely boiling we say it is _____.
6. A frying pan is also called a _____.
7. You use a _____to turn eggs over.
8. In order to cook the top of a fried egg without turning it, you _____ the top of the egg with a little of the hot fat from the pan.
9. When you make scrambled eggs you should use _____ eggs for each person you are serving.
10. A tool that you you can use to whip eggs (that is made of wire) is called a _____.

EGGS ARE A GOOD SOURCE

OF PROTEIN

Eggs are an inexpensive food. They are not just to be used for breakfast or lunch. They make an excellent dinner if you just know how to cook them.

Here are several ways to make eggs into an entire meal.

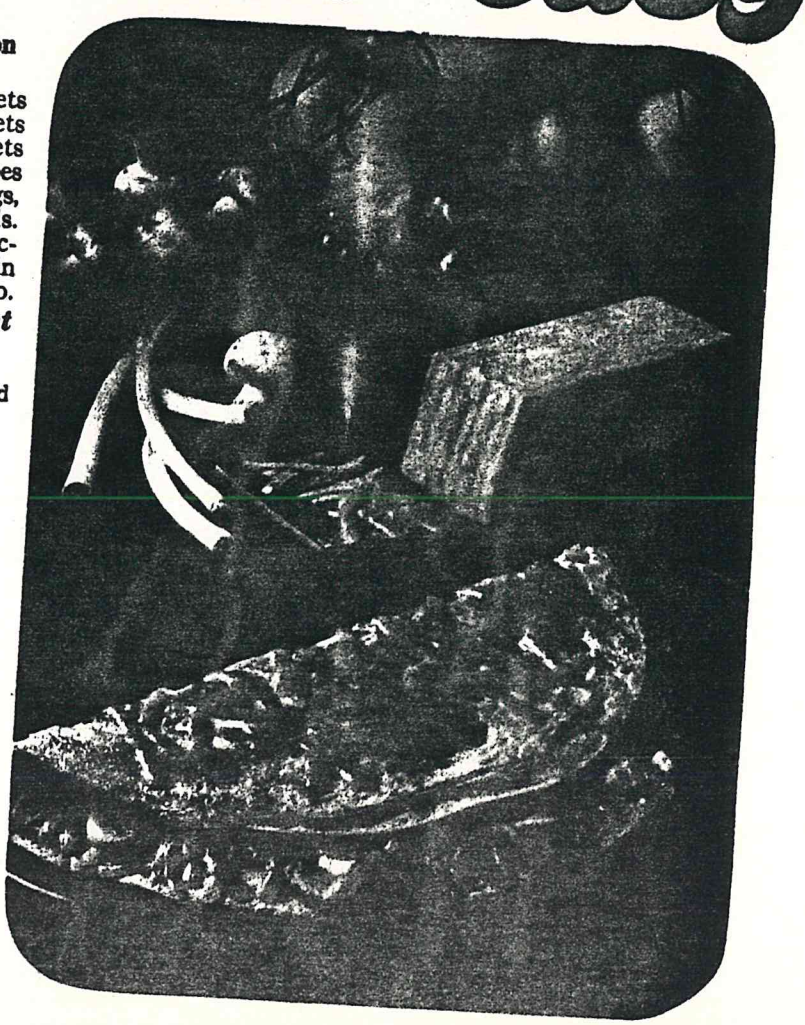
The Omelet made easy.

Omelets morning, noon and night!
There are simple omelets and spicy ones, omelets with fillings and omelets with sauces. The recipes here all start with eggs, cheese, and good utensils. Just to round out the picture, we've scrambled in some other egg recipes, too.

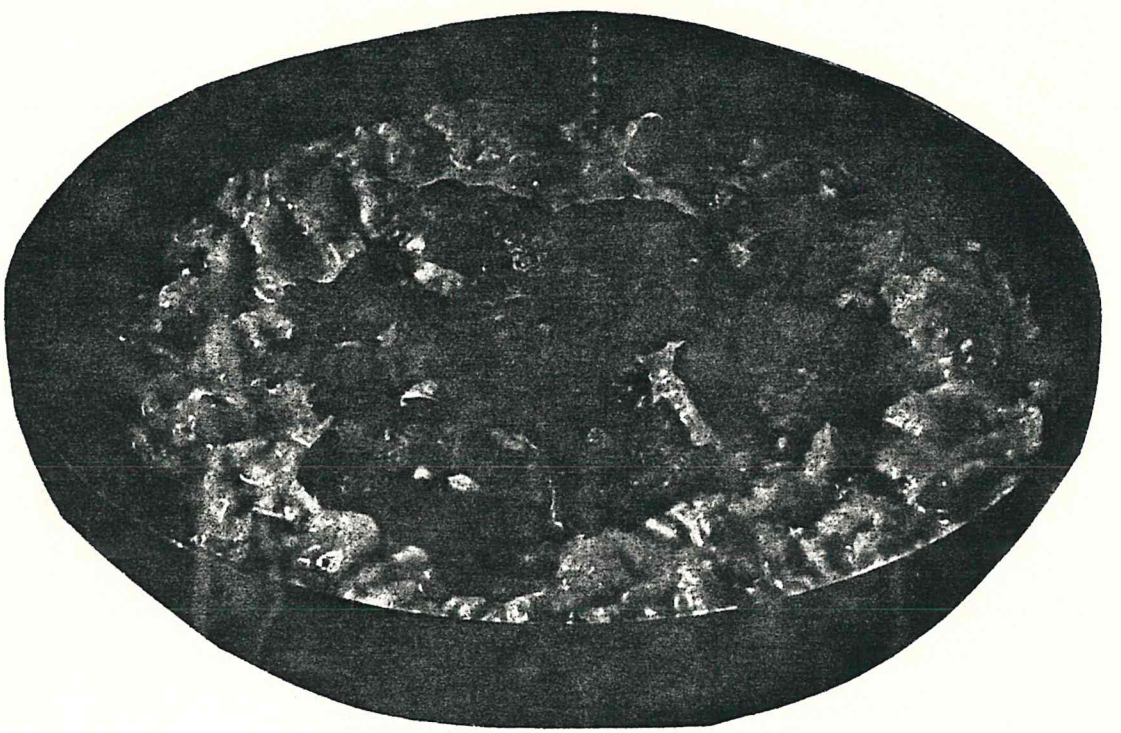
Cracker Barrel Omelet

- ½ cup mushroom slices
- 2 tablespoons green onion slices or chopped green pepper
- 3 tablespoons Parkay Margarine
- 6 eggs, slightly beaten
- ⅓ cup milk
- ½ teaspoon salt
- Dash of pepper
- 1 cup (4 ozs.) shredded Cracker Barrel Brand Sharp Natural Cheddar Cheese

1. Sauté mushrooms and onions in 1 tablespoon margarine.
2. Melt remaining margarine in 10½-inch omelet pan or skillet over low heat.
3. Combine eggs, milk and seasonings; beat with omelet fork.
4. Pour egg mixture into pan.
5. Cook slowly. As egg



EGGS



CAMPBELLED EGGS

4 slices bacon
½ cup chopped green pepper
¼ cup chopped onion
1 can Campbell's Cream of Chicken Soup
8 eggs, slightly beaten
Dash pepper

In skillet, cook bacon until crisp; remove and crumble. Pour off all but 2 tablespoons drippings. Cook green pepper and onion in drippings until tender. In bowl, stir soup until smooth; gradually blend in eggs and pepper. Pour into skillet. Cook over low heat; do not stir. As mixture begins to set around edges, gently lift cooked portions with wide turner so that thin, uncooked portion can flow to the bottom. Continue gently lifting cooked portions until eggs are completely set, but still moist (about 8 minutes). Garnish with bacon. Makes 4 servings.

Uncooked Fudge

What you need:

- 1/2 c. butter
- 1/3 c canned milk
- 1 t. vanilla
- 1 lb. powdered sugar
- 3/4 c. cocoa
- 1/4 t. salt

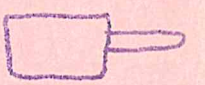
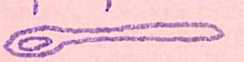
Waxed paper

What to do:

1. Wash your hands
2. Melt butter in a saucepan
3. Stir in milk and vanilla
4. Mix sugar, cocoa, and salt.
5. Add mixture ↑ to saucepan.
6. Mix until soft and creamy
7. Press the fudge into a buttered pan or on waxed paper

No Bake Oatmeal Cookies

You Need:

2c sugar
3 T cocoa
½ c milk
¼ c margarine
½ c peanut butter
3 c oatmeal
1 t vanilla
saucepan 
waxed paper
spoon 

What to Do:

1. Combine sugar, cocoa, milk and margarine in a saucepan. Bring to Boil.
2. Cook 1 min.
3. Add ½ c peanut butter, 1 t vanilla 3 c oatmeal.
4. Stir
5. Drop on waxed paper

CRUNCHY PEANUT-SCOTCH TREATS

What You Need:

1 cup (6 oz. pkg.) butterscotch pieces
½ cup peanut butter
3 cups (5 oz. can) chow mein noodles
½ cup peanuts

What To Do:

1. Wash hands
2. In large bowl, combine peanut butter and butterscotch pieces
3. Cook uncovered, 1 minute, remove and stir until smooth
4. Stir in chow mein noodles and peanuts, mixing well to coat
5. Drop by teaspoon onto wax paper.
6. Refrigerate until set, about 30 minutes.
   Store in refrigerator. 24-30 treats

VANILLA-BUTTER CREAM ICING

What You Need:

1/4 cup butter or margarine (room temperature).

1 cup powdered sugar

Pinch of salt

1 teaspoon vanilla extract

1/2 to 1 teaspoon whipping cream or milk.

What to Do:

1. In a small bowl, beat together butter, sugar, salt, vanilla, orange extract and cream or milk until fluffy.

2. Tint with food colors.

ALL-OCCASION CUTOUT COOKIES

You will need:

1/2 cup butter

1 cup sugar

1 egg

2 to 3 tablespoons milk

1 1/2 teaspoons vanilla extract

2 to 2/1/4 cups all-purpose flour

2 teaspoons baking powder.

1/4 teaspoon salt

Icing

Assorted Decorations such as candles, raisins, or colored sugar crystals.

What to Do;

1. In a medium bowl, beat together butter or margarine, sugar, egg, milk and vanilla until light and fluffy.
2. Add flour, baking powder and salt, beating until blended.
3. Divide dough into 2 equal portions.
4. Wrap and refrigerate until firm, 1 hour or longer. Before baking, allow dough to stand at room temperature until soft enough to roll easily.

To Bake Cookies:

1. Preheat oven to 375 degrees Farenheit.
2. On a lightly floured surface, roll dough 1/4-inch thick.
3. With lightly floured cookie cutters, cut into shapes.
4. Place 1 inch apart on ungreased baking sheets.
5. Bake 7 to 10 minutes.
6. Remove cookies from baking sheets; cool on racks.
7. Decorate.
8. Let stand until set.

FOOLPROOF CHOCOLATE FUDGE

What you need:

3 6-ounce packages semi-sweet chocolate chips

1 14-ounce can Eagle Brand Sweetened Condensed Milk

1 1/2 teaspoons vanilla extract

1/2 cup chopped nuts

Dash of salt

What to do:

1. In heavy saucepan, over low heat, melt chips with Eagle Brand Condensed Milk.
2. Remove from heat; stir in remaining ingredients.
3. Spread evenly into wax paper--lined 8-inch square pan.
4. Chill 2 to 3 hours or until firm.
5. Turn fudge onto cutting board; peel off paper and cut into squares.
6. Store loosely covered at room temperature.

PEANUT-BUTTER-CANDY COOKIES

What you need:

1/2 cup butter, or margarine

3/4 cup smooth or crunchy peanut butter

1 cup graham-cracker crumbs

1 cup powdered sugar

3/4 cup chopped peanuts, walnuts or raisins

1 cup (6 oz.) semi-sweet chocolate pieces, melted.

What to do:

1. Line an 8- or 9-inch square baking pan with foil.
2. In a medium bowl combine melted butter or margarine and peanut butter until thoroughly blended.
3. Add graham cracker crumbs and powdered sugar, blending well.
4. Stir in nuts.
5. Press mixture evenly in foil-lined baking pan.
6. Refrigerate in pan 1 hour.
7. Spread evenly with melted chocolate.
8. Refrigerate 15 minutes; then cut into squares.

Store in refrigerator.

Makes about 25 (1 1/2") cookies.

COOKY

~~CANDY~~ CANES

You will need:

3 1/4 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon salt

1/2 cup (1 stick) butter or margarine, softened

1 1/4 cups sugar

1 egg

1/2 teaspoon peppermint extract

1/4 cup milk

Red and green food coloring

What to do:

1. Sift flour, baking powder and salt onto wax paper. Grease two (2) or three (3) cookie sheets.

2. Beat butter or margarine and sugar until fluffy in large bowl with electric mixer at high speed; beat in egg and peppermint extract. Stir in flour mixture alternately with milk.

3. Spoon one quarter dough onto wax paper; knead in a few drops red food coloring to tint pink. Repeat with another quarter dough and green food coloring. Leave remaining dough plain.

4. To form each candy cane: Pinch off about a teaspoonful each red or green dough and plain dough; roll each into a pencil-thin strip five (5) inches long; Place strips side by side, pressing ends together; twist to form rope. Place ropes on prepared cookie sheet, 1 inch apart, bending into cane shape.

5. Bake in moderate oven (350 degrees) 10 minutes, or until firm. Cool a few minutes on cookie sheets on wire racks. Carefully remove to wire racks with metal spatula; cool completely. Use as tree decorations; store remainder in metal tin.

Makes about 4 dozen candy canes.

SPICY REFRIGERATOR SLICES

What you need:

1 cup butter or margarine, room temperature

1 cup sugar

2 eggs

1 tsp. vanilla extract

3 1/2 cups all-purpose flour

1 1/2 teaspoons baking soda

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground cloves

1 cup currants or chopped raisins

Sugar.

What to do:

1. In a large bowl, beat together butter or margarine, 1 cup sugar, eggs and vanilla until light and fluffy.
2. Add flour, baking soda and spices, beating until blended.
3. Stir in currants or raisins.
4. Divide dough into two equal portions.
5. Shape each portion into a rectangle 9 1/2" long, 2 1/4" wide, and 1 1/2" thick.
6. Wrap and freeze until firm, at least one hour.
7. Preheat oven to 375 degrees.
8. Cut frozen dough in 1/4-inch slices.
9. Place 1" apart on ungreased baking sheet.
10. Sprinkle with sugar.
11. Bake 10-12 minutes until golden.
12. Remove cookies and cool on rack.

Makes 70 (2 3/4" x 2") cookies.

NAME Martin Felsenfeld

Broccoli Rice Casserole 10/5/84

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
2-quart casserole	2 10-oz. packages of frozen chopped broccoli	Oil
Spatula	1 onion (or package of frozen chopped onions)	Salt
Cutting knife	1 can condensed cream of chicken soup	Butter
Chopping board	1 half-gallon milk	
Measuring cups	2 or 3 packages of shredded cheddar cheese	
Plastic wrap	1 package rice	
Saucepan		
Bowl		
Grater		
Can opener		

Malaysia
Portugal
Liverpool
I promise, I promise!

good work!

NAME Martin Felsenfeld

Date: 10/10/84

California Cheese Soup

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Frying pan	1/2 cup chopped onion	Salt (1/2 tsp.)
Cutting board	1 clove garlic, minced	Pepper (1/8 tsp.)
Cutting knife	1/4 cup butter or margarine	Flour (1/4 cup)
Measuring cups	1/4 cup flour	
Cheese shredder	1 half-gallon milk	
	1 jar chicken broth	
	3 tomatoes	
	2 or 3 green chili peppers	
	1 lb. Monterey Jack cheese	

NAME Martin Ebenfeld

Easy Turkey Divan

Date: 10/12/84.

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Pan or skillet Cooking pot Spatula Cooking fork Cooking spoon Can opener	1 package round turkey 2 10 oz. packages frozen broccoli spears 1 package American Cheese or Cheddar (8 slices or 16 slices) 1 can evaporated milk (13½ oz.) 1 can condensed cream of mushroom soup 1 can french fried onion rings	

Martin Felsenfeld

Gobblers' Delight

Date: 10/19/84

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, ETC.
Can opener Cutting knife pot Measuring cup Cutting board Cooking spoon	1 package Birds' Eye French Green Beans (with toasted almonds) 1 10-oz. can cream of celery soup 1 package MJB rice 1 roll of cut-up cooked turkey 1 5-oz. can water chestnuts	Water

Good

Martin Felsenfeld

Egg Drop Soup

Date: 10/31/84

Medium size saucepan
Measuring cup
Fork
Cooking spoon
Mixing bowl
Cutting board
Cutting knife

1 can chicken broth
1 box corn starch
1 green onion
1 box eggs

Water
Corn starch

NAME Martin Felsenfeld

Date: 11/2/84

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES

NAME Martin Felsenfeld

Date: 11/9/84

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Frying pan	1 green pepper	Butter
Chopping knife	1 onion	Water
Cutting board	1 10½ oz. can chicken with rice soup	Salt
Measuring cup	1 10½ oz. can tomato soup	
Cooking spoon	1 loaf bread	
Mixing bowl	1 half-gallon milk	
Fork	1 package eggs	
	1 pound ground beef	

NAME _____

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES

good

NAME Martin Felsenfeld
Date: 11/30/84

Foolproof Chocolate Fudge

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Saucepan Cutting knife Cutting board 8-inch square pan Fork	3 packages (6 oz.) Nestle's semi-sweet chocolate chips 1 14-oz. can Eagle Brand Condensed milk 1 package chopped nuts	Vanilla extract Dash of salt

Good

NAME Martin Felsenfeld

Date: 11/30/84

All-Occasion Cutout Cookies

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Medium-sized mixing bowl	1 package sugar	Butter
Beater	1 dozen eggs	Vanilla extract
Roller	1 half-gallon (or quart) milk	Salt
Cookie cutters	1 package Gold Medal flour	
Baking sheet	1 can baking powder	
	1 package raisins	

NAME Martin Felsenfeld

Date: 11/30/84

Vanilla-Butter Cream Icing

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Small mixing bowl Beater	1 package sugar ? 1 jar Reddi-Whip cream or 1 half-gallon milk	Butter Salt ~~Vanilla~~ Vanilla extract Food coloring Orange extract

Omelet

Martin Febenfeld
Date: 10/26/84

Frying pan
Egg Beater
Fork
Cooking spoon
Cutting board
Cutting knife
Mixing bowl
Spatula

1 dozen eggs
1 half-gallon Hyland Farms milk
1 package Blue Bonnet
1 package grated cheese
1 bell pepper
2 or 3 green onions
2 or 3 tomatoes
Toppings (salsa, sour cream, guacamole sauce, Planters' Peanuts)

Salt
Pepper

NAME Martin Felsenfeld

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good

Chili ~~Concoction~~ Concoction

UTENSILS	FOOD TO BUY	SPICES, CONDIMENTS, STAPLES
Chopping board	1½ lbs. ground beef	Salt (½ tsp.)
Cutting knife	1 #2 can tomatoes	
Frying pan	1 #2 can kidney beans	
Mixing bowl	1 large onion	
Fork	1 jar chili powder	
Measuring cup	~~½ tb~~	